SRFFIT003B exam preparation **– Fitness Focus section**

Undertake client induction and screening

**1 Conduct a pre-test screening procedure to identify whether a medical appointment should be recommended to clients**

1.1 Conduct a basic screening interview using an industry standards ***pre-exercise screening*** tool to obtain information about the health and medical status of a client

1.2 Use appropriate questioning techniques to ascertain additional information about medical conditions, injuries or prescribed medication, as required

1.3 Provide information to ***client*** about the reasons for conducting a ***fitness appraisal*** and the risks associated with fitness testing and exercise

1.4 Consider ***clientsocial justice rights*** under law

1.5 Display ***client*** empathy and put clients at ease during the ***fitness screening*** process

1.6 Handle ***client*** with sensitivity and with discretion

1.7 Use procedures to ensure ***client*** confidentiality and privacy

1.8 If the ***client*** reports no current injuries, no medical conditions, or that they are not taking any prescribed medication, they are directed to a ***fitness appraisal***

1.9 If the ***client*** has current injuries, a medical condition, or if they are taking any prescribed medication/s, recommend to the ***client*** that they make an appointment with a ***allied health professional or medical practitioner***

1.10 Discuss the process of screening and appraisal and, their relevance to the development of an individualised exercise program to the ***client***

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**2 Determine the fitness goals and current physical activity patterns of clients**

2.1 Determine the ***perceived benefits*** clients see themselves deriving from exercise programs

2.2 Record the client's fitness goals

2.3 Discuss and record the client's current fitness and lifestyle activities

2.4 Provide basic information on the impact of poor lifestyle behaviours on health and fitness to the ***client***

2.5 Develop the client's short term and long term goals

2.6 Relate the ***fitness goals*** to products and services available in the fitness industry

2.7 Make recommendations to the ***client*** on the likelihood of adherence and techniques that may increase their adherence to exercise

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**3 Motivate and encourage clients to adhere to exercise programs**

3.1 Discuss the client's habits, lifestyle, family situation, likes and dislikes, and individual personality differences which might be relevant to the prescription of an appropriate exercise program

3.2 Determine the physical and the psychological characteristics that apply to each ***stage of fitness***

3.3 Direct clients to understand and change their behaviours to overcome their own barriers to the continuation of an exercise program Identify the steps involved in establishing a behavioural change that results in long term adherence to an exercise program

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**4 Conduct a basic fitness appraisal**

4.1.1 Chose appropriate, valid and reliable basic fitness appraisals, based on the clients ***fitness goals*** and current fitness capacity

4.1.2 Conduct basic fitness appraisals ensuring the safety of the client

4.1.3 Explain the results of the fitness appraisals to the ***client***

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**5 Interpret and apply the results of a basic fitness appraisal to the fitness program for a client**

5.1 Describe to the ***client*** how their ***fitness appraisal*** results can be applied to a ***fitness program***

5.2 Consider the client's health and injury status, including recommendations from an ***allied health professional or medical practitioner***, when developing an exercise program

5.3 Consider the client's demonstrated level of fitness when developing an exercise program Develop a ***client*** profile that can be used to write an individualised, safe and effective ***fitness program***

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**6 Motivate the client**

6.1 Motivate and enthuse the ***client*** after a basic screening and fitness appraisal

6.2 Determine the clients level of commitment to behavioural strategies and establish a behavioural contract

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| Previous exam |
| Notes (A. how did we achieve this element? B. key words and brief summary – refer to the range statements) |

**Range Statement**

**Fitness screening**

* questionnaire
* interview & clearance letter from an allied health professional or medical practitioner

**Fitness appraisal**

* cardiovascular response
  + heart rate, such as tri-level aerobic response
  + blood pressure
* range of movement
* strength
* anthropometric, such as
  + girth measurements & skin folds

**Fitness goals**

* physical
* mental
* social
* spiritual

**Fitness program**

* motivational strategies for a client
* realistic goals
* a program structure, such as preparation phase, conditioning phase, recovery phase, and adaptation phase
* specific exercises
* expected outcomes
* a professional presentation

**Perceived benefits**

* cosmetic
* health
* social/recreational
* athletic

**Pre-exercise screening**

* initial screening may consist of
  + questionnaire
  + interview
  + medical clearance
* initial screening should determine whether the client
  + has a medical condition
  + has an injury
  + is on prescribed medication
* forms used
  + pre-activity screening questionnaire
  + informed consent
  + medical clearance
* information obtained
  + medical history
  + functional limitations
  + medication
  + lifestyle evaluation
  + fitness goals
  + exercise history
  + Time availability

**Social justice rights**

* disability discrimination acts
* equal opportunity acts

**Stages of fitness**

* the appropriate form of motivation is used at each level of experience of a client
  + beginner
  + relatively fit
  + advanced